



PHOENIX

TAEKWONDO



looking back over a month of Taekwondo

Inspiring a Generation

PHOENIX TAEKWONDO SHORTLISTED FOR THE 2026 DIDCOT TOWN COUNCIL SPORTING AWARD

DIDCOT TOWN COUNCIL AWARDS SHORTLIST

SPORTING ACHIEVEMENT

- PHOENIX TAEKWONDO

YOUNG ACHIEVER

- AMELIA

We are very humbled and also delighted to have been once again shortlisted for the Didcot Town Council Awards. After winning last year, it is amazing to make the shortlist yet again. In addition, we are also very excited and extremely proud that Phoenix Athlete and coach volunteer in our Little Dragons and Juniors, Amelia has also been Shortlisted for the Young Achiever Award. It is really great to see Phoenix

Taekwondo being recognised by the local community and Didcot Town Council. This recognition not only reflects on the club but also all the effort and support provided by all our parents and supporters.

Looking Forward to Our First Competition of 2026

Wales Tae Kwon Do Presents

5TH Wales Tae Kwon Do International Poomsae Championships

Saturday 23rd May 2026

Doors open 8.00am, first matches 9.30am

**Sport Wales National Centre
Sophia Gardens Cardiff CF11 9SW**



Our first competition of the year is a BIG one - The Wales International Poomsae Championships, on Saturday 23rd May in Cardiff. Those who have competed here before know it is a lovely location and a really friendly atmosphere. It's also a great first competition for beginners. Our Poomsae Squad trains regularly and is now preparing for this competition!



UPCOMING EVENTS IMPORTANT DATES

- Apr 12 Sun: Black Belt Examination Seminar Boston
- Apr 12 Sun: Poomsae Squad (K3/K2 White-BlueRed)
- Apr 19 Sun: Phoenix Club Mock Grading
- Apr 19 Sun: GB Regional Squad Training
- Apr 26 Sun: Poomsae Squad
- May 3 Sun: Poomsae Squad
- May 8 Fri: Little Dragons Belt Grading
- May 10 Sun: Phoenix Club Grading
- May 17 Sun: Poomsae Squad
- May 23 Sat: Wales International Poomsae
- Jun 7 Sun: GB Regional Squad Training
- Jun 27 Sat: Summer Public Demonstration
- Sep 20 Sun: Black Belt Examination Seminar
- Oct 17 Sat: Aquila Poomsae Championships
- Nov 7-8: National Poomsae Championships
- Nov 15 Sun: Black Belt Examination (@Phoenix)
- Nov 20 Fri: Little Dragons Belt Grading
- Nov 22 Sun: Phoenix Club Grading

Phoenix Instructor selected again to join British Taekwondo 2026 National Poomsae Championships Advisory Group



Last month the UK national governing body British Taekwondo announced the selection of members to the national Poomsae Championships Advisory Group (PCAG), a dedicated panel formed to support and strengthen the planning of a high-quality National Poomsae (Patterns) Championships in 2026.

We are delighted to announce that Phoenix Instructor, Chris has again been selected to be one of the PCAG panel members. The group is made up of four members of the Poomsae community from a wide range of backgrounds and experience. Together, they bring a wealth of knowledge, passion, and a shared vision for raising the standard and visibility of Poomsae nationwide.

The PCAG played a key role in providing expert insights ahead of the 2025 British Taekwondo National Poomsae Championships, and following on from that success, the PCAG was re-selected to create a high-standard event at David Ross Sports Village in Nottingham on November 7th-8th this year.

Read the full story at:

www.britishtaekwondo.org.uk/british-taekwondo-announces-members-for-2026-national-poomsae-championships-advisory-group/

International Women's Day: What does Taekwondo mean to you?



We celebrated International Women's Day on Sunday March 8th, at one of our Sunday Open Training classes, by asking some of our awesome female members in a single word(s); "What Taekwondo Means to You?". Among the spontaneous answers were; confidence, community, friendship, discipline, fun, Strength, continual personal challenge, a sense of belonging and a connection to a bigger world! Phoenix Taekwondo has something for everyone for all ages, gender and ability!

You can see the full video feature on the link here: <https://youtu.be/d2xS5Y9by1o>

Phoenix at the Team GB Squad Training

The March session for the Team GB Poomsae Squad took place in London. Phoenix Poomsae athlete and Team GB member, Thea made the trip over for the day to train with the team and GB coaches. Thea is also currently working through her Duke of Edinburgh Award (Skills section) with Phoenix Taekwondo.



This Month's Little Dragons Tae-Yong Award Winners!

Congratulations to this month's Tae-Yong award winners Abtin, Anastasia, Prnvai and Ben! All winners get to photo-bomb the Tae-Yong selfie-frame and receive a special award sticker! Who will it be next month?

